



Hardin County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hardin County School System as of July 1, 2006.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Hardin County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School health policies strengthened or approved include bullying, wellness, mental health, head lice, attendance, vending machines, and staff and faculty wellness
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$222,000.00. In-kind funding or grants for Hardin County Schools since 2006-2007 included, nurses, Le Bonheur Delta Grant, Le Bonheur Project Diabetes, and physical education teachers and aids.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Hardin Medical Center/EMS | ➤ Bodies-N-Motion |
| ➤ Hardin County Health Department | ➤ American Heart Association |
| ➤ UT Extension | ➤ Elite Fitness |
| ➤ Hardin County Government | ➤ Parks & Recreational |
| ➤ City of Savannah | ➤ LeBonheur Community Outreach |
| ➤ Chamber of Commerce | ➤ TennCare |
| ➤ Lifespan | ➤ Air Evac |
| ➤ Hardin County Fire/EMA | ➤ Parent Organizations |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. They include, health screenings, Fun Filled Fitness Challenge, parent involvement at each school, Healthy School Teams, the Health Council. Currently about 400 parents are collaborating with CSH;

Students have been engaged in CSH activities. These include Healthy School Teams, HOSA

enrichment activities that include basketball, bowling, Fun Filled Fitness Challenge, and school Health Councils. Approximately 1,500 students are collaborating with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hardin County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 2007-08 screened 1,213 referred 187, 2008-09 Screened 1,427 referred 157, 2009-10 screened 1,534 referred 159, 2010-11 screened 1,537 referred 136;

Students returned to class by nurse in 2007-08 was 30%, in 2008-09 30%, in 2009-10 30%, and in 2010-11 20%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In 2007-08, 29.6% of students were overweight and in 2008-09, 20.7% were overweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include physical education equipment for all schools, fitness equipment for student and staff at CSH schools, equipment for Fun Filled Fitness Challenge, basketball and bowling supplies for enrichment at elementary schools, HCMS physical education equipment for Wii's, and nutrition and health education supplies for students.

Professional development has been provided to counselors, physical education teachers, and nurses. These trainings include the Milan physical education academy, TAPHERD for physical education teachers, school nurses conference, suicide prevention for school counselors, Michigan Model updates, CPR and First Aid, meth awareness, school nutrition conference, and the Rural Health Association of Tennessee Conference.

School faculty and staff have received support for their own well-being through health screenings with our new health insurance program, newsletters and healthy recipes from UT and CSH, the Health Department's cancer awareness training. Some faculty have their own walking and exercise programs at each school.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, Way to Go Kids! and nurse case manager for chronic disease;
- Physical Education/Physical Activity Interventions – certified physical education teachers in all schools and physical education assistants in all 5 elementary schools;
- Nutrition Interventions – partnered with SND and Registered Dietician for nutrition education, Fresh Fruit and Vegetables Grant, newsletters to parents and students with healthy recipes and ideas for healthy eating;
- Mental Health/Behavioral Health Interventions – mental health 101

Thanks to the Hardin County School System and the Board for seeing the need for our wonderful school nurses and physical education teachers. That along with our Nurse Case Manager from LeBonheur working with our chronic disease students and parents. The Fresh Fruits and Veggies Program is another wonderful asset to our schools. Students have the opportunity to have this everyday and it is a healthy snack for them.

In such a short time, CSH in the Hardin County School System has made significant contributions to the well-being of our students and staff, which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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